

PREGNANCY JOURNEY

Weekly Checklist & Milestones

FIRST TRIMESTER (WEEKS 1-12)

| WEEK | TO-DO LIST & NOTES |
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| W 4-5 | Confirm pregnancy & schedule first prenatal visit Start taking prenatal vitamins with folic acid |
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| W 8 | First ultrasound scan / Heartbeat check Review medications & lifestyle habits with doctor |
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| W 12 | First trimester screening / Genetic testing (optional) Share the news with family and friends |
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SECOND TRIMESTER (WEEKS 13-27)

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| W 16 | Start side-sleeping habit Look into maternity clothes / wardrobe basics |
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| W 20 | Anatomy scan (Mid-pregnancy ultrasound) Start nursery planning and baby registry |
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- W 24** Glucose challenge test (Diabetes screening)
Register for childbirth & breastfeeding classes

THIRD TRIMESTER (WEEKS 28-40)

- W 28** Begin tracking fetal kick counts daily
Choose a pediatrician

- W 34** Pack hospital bag for parent and baby
Install the infant car seat

- W 37+** Finalize birth plan & childcare for siblings/pets
Wash baby clothes and linens

Template Purpose Only â€œ Consult Your Medical Provider for Specific Advice